



Greetings from Coach Dixon!

Thank you for visiting our website. Please allow me to introduce myself. I am one of the Senior Financial Life Coaches at Financial Health and Fitness (A MITBU Company). Over the last 25 plus years, I have been coaching individuals, couples, families and businesses on how to achieve optimal financial health. After 35 years in the banking industry with a strong passion to empower others to gain an understanding in how to manage money, I made the decision to focus full time on teaching and recommending simplistic financial money management life techniques. These valued money management techniques can be incorporated by people from all backgrounds and money status. How we relate to, think about and make money decisions are key ingredients to affording a wellness path to financial health and fitness. Money is a tool when used wisely and with proficiency in most cases, can help drive us toward our financial goals for quality living.

As a Social Psychology major, I recognize and found that often the lack of financial literacy education, poor money management decisions, emotional turmoil, illness, lack of coping skills, life circumstances and upsets can be underlying reasons why people experience money issues. There is importance to recognize when help is needed; especially in a money crisis. Get help, you do not have to take the journey alone. Financial health and fitness life coaches are here to assist you, including connecting with other resources to move you forward.

Have you ever asked yourself these life questions?

How do I get out of debt?

How do I stop living pay check to pay check?

How can I account for my money; it seems to slip through my fingers?

How can I improve my relationship with money?

How can improvement be made in the way I relate to, think, talk about and make decisions related to money?

Does being debt free make me wealthy?

How can I have financial harmony with my partner/spouse?

How can I achieve greater financial peace of mind and success?

How can I gain money insight to use money properly?

How do I use the right money tools for my situation?

How can I move from a positive money philosophy into action?

Are my goals/objectives realistic?

How are successful people different than I am?

I finally started making a good income, where do I start?

How do I management my debt now that I am unemployed?

We got married, or had a baby what do we do?

What's the best way to protect my family should something happened to me or my spouse?

How can I afford to start a business?

How can I use my small business revenue?

Do I have the right investments?

How often do I need to review my money and investments?

Whatever your circumstances, you no longer need to struggle or feel alone.

Regardless of where you find yourself along the continuum of financial fitness or trying to cope you are in a great place to start. The coaching team and I are here to assist with financial literacy training/education, goal setting, and budgeting. Together with your “commitment in action” a positive path can begin for financial wellness. We have answers to your everyday concerns with money management. Our program is life changing! The tools you will learn will empower you to be successful. The coaching team and I practice the strategies we teach. We are living proof FHFLTC strategies work. Like many of you coaches at FHFLTC have experienced life challenges being laid off, divorced, and other unforeseen life challenges, what we learned through the money storms of life when you understand money management tools, how to apply and knowing help is available, it is much easier to cope and make critical financial decisions. Begin your financial health and fitness journey today!

Positive change begins with a single step...a single action.

I look forward to taking this journey with you!

Sheila Dixon Ph.D. (Coach)